



## Once a Runner

*John L. Parker Jr.*

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# Once a Runner

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**Once a Runner** John L. Parker Jr.

*Once a Runner* captures the essence of what it means to be a competitive runner; to devote your entire existence to a single-minded pursuit of excellence. It has become one of the most beloved sports novels ever written. Originally self-published in 1978 and sold at road races out of the trunk of the author's car, reading the book became a rite of passage for many runners, and tattered copies were handed down like sacred texts from generation to generation.

*Once a Runner* is the story of Quenton Cassidy, a collegiate runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the political and cultural turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team.

Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life: a head-to-head match with the greatest miler in history.

This audiobook is a rare insider's account of the incredibly intense lives of elite distance runners; an inspiring, funny, and spot-on tale of one man's quest to become a champion.

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